

# **University Dental Associates**

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## **Instructions For Patients Receiving Sedation**

To reduce the chances of nausea, do not eat any food or drink opaque liquids (for example: coffee, milk, orange juice) for at least six hours before your appointment. You may drink clear liquids (such as water and apple juice) up to two hours before the procedure. If your surgery is in the morning, do not eat or drink anything between bed time and your scheduled appointment. If your surgery is at 1:00pm, you may eat a light breakfast before 7:00am. Afterwards, do not eat or drink anything until after the appointment.

Unless specified by your dentist, all medicines taken on a routine basis should be continued without interruption. Please swallow with a minimal amount of water if within 2 hours of your appointment.

A responsible adult, over 18 years of age, must accompany the patient to the clinic and remain here throughout the entire procedure. Following the sedation, this responsible adult must escort the patient home, and a responsible adult should remain with the patient for the rest of the day or until the patient is fully awake.

A parent or legal guardian must accompany minors (persons under the age of 18 years of age).

Patient should wear clothing which is not restricting to the neck or arms. Please wear a short sleeve shirt. If weather is cool, wear a jacket or sweater that you can remove.

Please do not wear fingernail polish (on at least one finger).

Following the sedation, patients should refrain from driving an automobile or engaging in any activity that requires alertness until the next day or until fully alert. Avoid alcoholic beverages until the next day.

**Failure to Follow Any of These Instructions Will Result in Cancellation Of The  
Sedation Appointment.**